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## Tobacco Related Websites

Below you will find a complete list of tobacco-related websites that will help you find the fast facts that you are looking for, activity ideas, and so much more.



**Action on Smoking and Health** - [www.ash.org](http://www.ash.org)

*Everything For People Concerned About Smoking and Nonsmokers' Rights, Smoking Statistics, Quitting Smoking, Smoking Risks, and Other Smoking Information.*



**American Cancer Society** – [www.cancer.org](http://www.cancer.org)

*The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service. The website provides information regarding the health effects of tobacco use, quitting tips, and information on the Great American Smoke-out.*



**American Lung Association** – [www.lungusa.org](http://www.lungusa.org)

*The American Lung Association® is the oldest voluntary health organization in the United States. Founded in 1904 to fight tuberculosis, the American Lung Association® today fights lung disease in all its forms, with special emphasis on asthma, tobacco control and environmental health. The ALA offers a variety of smoking control and prevention programs targeted to specific groups-some aimed at adults, others for school use, and others designed to involve community leaders along with parents and educators.*

*ALA has developed Teens Against Tobacco Use (TATU), a peer-teaching tobacco control program aimed at deterring youngsters from taking up smoking. They also have a new state-of-the-art smoking cessation program for teens, called Not On Tobacco, or N-O-T. For people who already smoke, the American Lung Association® offers its Freedom From Smoking® program, considered the "gold standard" of group-setting, peer-support smoking cessation programs.*



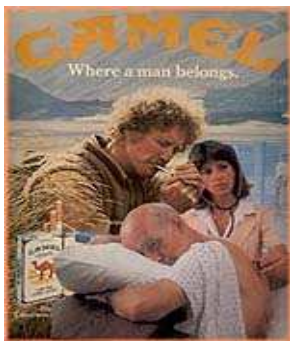
**American Legacy Foundation – [www.americanlegacy.org](http://www.americanlegacy.org)**

*The American Legacy Foundation is dedicated to building a world where young people reject tobacco and anyone can quit. They work to reduce tobacco use among young people includes a major national tobacco youth prevention and education effort known as the truth® campaign. Advertising, grassroots and promotional events, and an interactive Web site ([www.thetruth.com](http://www.thetruth.com)) give teens the facts about tobacco use and tobacco marketing and encourage them to get involved in the effort to inform their peers. They also work to eliminate disparities in access to tobacco prevention and cessation services.*



**Americans For Non-Smokers Rights - [www.no-smoke.org](http://www.no-smoke.org)**

*Americans for Nonsmokers' Rights is the leading national lobbying organization dedicated to nonsmokers' rights, taking on the tobacco industry at all levels of government to protect nonsmokers from secondhand smoke and youth from tobacco addiction. ANR pursues an action-oriented program of policy and legislation.*



**Badvertising Institute – [www.badvertising.org](http://www.badvertising.org)**

*The BADvertising Institute has been on the front lines of tobacco prevention with a powerful counter-advertising message. Reaching out through exhibits, posters and billboards, slides presentations, hands-on BADvertising Workshops, Train-the-Trainer Seminars and a web-site. Their mission is to immunize kids against tobacco, inspire smokers to quit, and equip advocates and educators with the tools for doing the same.*



## Center For Disease Control – [www.cdc.gov](http://www.cdc.gov)

*The Centers for Disease Control and Prevention (CDC) is recognized as the lead federal agency for protecting the health and safety of people - at home and abroad, providing credible information to enhance health decisions, and promoting health through strong partnerships. CDC serves as the national focus for developing and applying disease prevention and control, environmental health, and health promotion and education activities designed to improve the health of the people of the United States. You can search numerous health topics, including tobacco use. Information available on the surgeon's general's report, quitting tips, the dangers of secondhand smoke, etc. through the use of articles, fact sheets, and charts.*



## Campaign For Tobacco Free Kids – [www.tobaccofreekids.org](http://www.tobaccofreekids.org)

*The Campaign for Tobacco-Free Kids is fighting to free America's youth from tobacco and to create a healthier environment. The Campaign is one of the nation's largest non-governmental initiatives ever launched to protect children from tobacco addiction and exposure to secondhand smoke. Their primary goals are to alter the public's acceptance of tobacco by deglamorizing tobacco use and countering tobacco industry marketing to youth and other practices. Great website for getting state specific information.*

*Campaign For Tobacco Free Kids also has another website that is the youth action center. It's a resources for youth advocates across the country who are interested in becoming more involved in taking action, changing policy, etc. [www.standoutspeakup.org](http://www.standoutspeakup.org)*



## Children Helping And Motivating Parents to Stop Smoking (CHAMPSS) [www.champps.org](http://www.champps.org)

*CHAMPSS is a national campaign designed to encourage and empower kids to help their parents quit smoking by using positive and encouraging methods.*



**Enter Program – [www.fammed.unc.edu/enter](http://www.fammed.unc.edu/enter)**

*The EnTER Program is the Environmental Tobacco Smoke Training, Education and Research Program at the University of North Carolina's Department of Family Medicine. It is EnTER's mission to help local and statewide communities advocate for healthier, smoke-free policies in their workplaces, schools and community businesses. EnTER can offer a library of resources, from one-on-one consultations to group trainings, from fact sheets to do-it-yourself presentations.*

**Secondhand smoke is the third leading  
cause of preventable death behind  
active smoking and alcohol abuse.  
get outraged**

**Get Outraged – [www.getoutraged.com](http://www.getoutraged.com)**

*This website is sponsored by the Massachusetts Department of Public Health and gives updated tobacco facts, news, and stories. You can download ads.*



**Girl Power – [www.girlpower.gov](http://www.girlpower.gov)**

*Girl Power the national public education campaign sponsored by the [U.S. Department of Health and Human Services](http://www.hhs.gov) to help encourage and motivate 9- to 13- year-old girls to make the most of their lives. Girls at 8 or 9 typically have very strong attitudes about their health, so Girl Power! seeks to reinforce and sustain these positive values among girls ages 9-13 by targeting health messages to the unique needs, interests, and challenges of girls.*

NORTH CAROLINA  
**Health**  **Wellness**  
TRUST FUND  
**[www.hwtfc.org](http://www.hwtfc.org)**

**Health and Wellness Trust Fund Commission –**

*The Health and Wellness Trust Fund Commission was created by the General Assembly as one of three entities to invest North Carolina's portion of the tobacco Master Settlement Agreement. The Commission provides funding for the Tobacco.Reality.Unfiltered. program.*



**Infact – [www.infact.org](http://www.infact.org)**

*Infact is a national grassroots corporate watchdog organization and resource on boycotting tobacco industry products.*



**National Cancer Institute – [www.cancer.gov](http://www.cancer.gov)**

*Information on tobacco, spit tobacco, clinical trials regarding tobacco, literature, as well as, cessation information. Information can also be available in Spanish.*



**National Latino Council on Alcohol & Tobacco Prevention-  
[www.nlcatp.org](http://www.nlcatp.org)**

*The National Latino Council on Alcohol and Tobacco Prevention (LCAT) was established in 1989. It is the only national organization dedicated exclusively to preventing or eliminating tobacco use and reducing alcohol abuse in the Latino community. LCAT is particularly concerned about the effects of tobacco use and alcohol use on the Latino family.*



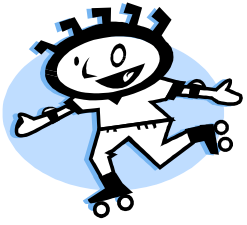
**No-Tobacco Youth Website- [www.notobacco.org](http://www.notobacco.org)**

*This website is designed to motivate youth remain tobacco free and empower youth to quit. It provides links to a variety of other youth, tobacco free websites. You can order materials from this website.*



**NC Healthy Schools – [www.healthyschools.org](http://www.healthyschools.org)**

*NC Healthy Schools focuses on improving the health of students and staff by providing coordination and resources in eight component areas of school health. Provides NC specific information and numerous links that focus on a variety of issues that effect youth.*



**North Carolina Health Action – [www.lungnc.org/tobacco](http://www.lungnc.org/tobacco)**

*This website will help give you information on quitting smoking, preventing smoking, promoting smoke free air, and public policy advocacy. It will link you to the NC N-O-T website, TRU website, smoke-free NC website, and provides information in Spanish.*



**North Carolina Tobacco Prevention and Control Branch – [www.communityhealth.dhhs.state.nc.us/tobacco.htm](http://www.communityhealth.dhhs.state.nc.us/tobacco.htm)**

*The North Carolina Tobacco Prevention and Control Branch reduces deaths and health problems due to tobacco use and secondhand smoke. Branch programs build capacity of diverse organizations and communities to carry out effective, culturally appropriate strategies to: prevent youth tobacco use and access, promote and support quitting among tobacco users, reduce disparities by improving health related norms of special populations more adversely affected by tobacco use, and promote smoke-free environments.*



**Office on Women's Health – [www.4woman.gov/quitsmoking/index.cfm](http://www.4woman.gov/quitsmoking/index.cfm)**

*The Office on Woman's Health in the Department of Health and Human Services is the federal government's focal point for women's health issues, including tobacco use. This site's "A Breathe of Fresh Air" page includes separate sections for teens and parents as well as links on the Surgeon General's Report on women and smoking.*



**North Carolina's Quitnet – [www.quitnownc.org](http://www.quitnownc.org)**

*QUIT NOW NC! is a resource for people who want to quit smoking, for their families and friends who want to help, and for health professionals with patients who use tobacco. It provides on-line resources and counseling.*



**QuitNet – [www.quitnet.com](http://www.quitnet.com)**

*Launched in 1995, QuitNet is the Web's original quit smoking site. QuitNet operates in association with Boston University School of Public Health. This website will help you create your own plan for quitting, talk to an on-line counselor, get support from fellow quitters, and has help available in Spanish.*



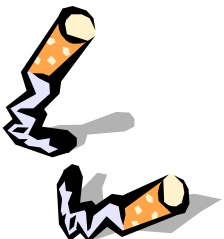
**Quit Smokeless Tobacco – [www.quitsmokeless.org](http://www.quitsmokeless.org)**

*This website offers quitting services to people who use smokeless tobacco. It provides a network of support and plenty of reasons why you should quit.*



**Smokeless Tobacco – [www.nstep.org](http://www.nstep.org)**

*Oral Health America's National Spit Tobacco Education Program (NSTEP) was founded in 1994 as an effort to educate the baseball family and the American public about the dangers of smokeless or spit tobacco, and break the long-standing link between this potentially deadly drug and America's pastime. The National Spit Tobacco Education Program's mission is to prevent people, especially young people, from starting to use spit tobacco, and to help all users quit.*



**Street Theory – [www.streettheory.org](http://www.streettheory.org)**

*This website was created by the American Legacy Foundation and is for teens. It provides information of women and smoking, cessation, teens and smoking, advocacy activities, how to get your program noticed, chewing tobacco and so much more. It is specifically targeted to youth and the way they understand and comprehend information.*



**Step Up NC – [www.stepupnc.com](http://www.stepupnc.com)**

*This is a place for teens to come to learn more about tobacco and tobacco use prevention and control. They can come here to learn more about the perils of smoking, to find out how to quit, to become an activist, or just to see what other teens around North Carolina are doing about tobacco prevention and control.*



**Tar Wars – [www.tarwars.org](http://www.tarwars.org)**

*Tar Wars is an innovative and fun program that teaches youth about the short-term, image based consequences of tobacco use and how to think critically about tobacco advertising. This website encourages health educators and medical professionals to engage youth.*



**Tobacco Information – [www.tobacco.org](http://www.tobacco.org)**

*This website provides information on the latest tobacco-related research and studies. It provides links and resources for the professional interested in staying current.*





## **Tobacco Reality Unfiltered – [www.realityunfiltered.com](http://www.realityunfiltered.com)**

*This is North Carolina's youth tobacco movement's website. This provides downloads of the media campaign as well as, links to other websites.*



## **Truth – [www.thetruth.com](http://www.thetruth.com)**

*The Truth is the national teen tobacco campaign funded by American Legacy Foundation. This website is directed at youth.*



## **Working Smokefree – [www.workingsmokefree.com](http://www.workingsmokefree.com)**

*Dedicated to helping North Carolina businesses achieve smoke-free workplaces. They can provide you with the information you need to aid in making and implementing the decision to adopt a smoke-free workplace policy. You'll find information on the site about the health and financial reasons to become a smoke-free workplace, resources you'll need to develop and implement a smoke-free policy, and success stories from N.C. businesses that have already made a successful switch to a smoke-free workplace.*

## **Websites - By Teens/for Teens**

### **Teenage Diaries**

<http://www.radiodiaries.org/teenagediaries.html>

Hear firsthand about life as a teen from the group of teens National Public Radio sent around the country for a year to interview family and friends, keep an audio journal, and record the sounds of daily life.

### **Teenink.com**

<http://www.teenink.com>

Teenink.com is the Internet component of a resource billing itself as a "magazine written for teens, by teens." The site compliments a monthly print magazine and a book series designed to offer teens advice about various topics.

### **Bolt.com**

<http://www.bolt.com>

An on-line community for teens and young adults billed as "everything you need to speak your mind, hang out, hook up...whatever". Loaded with polls, quizzes, downloads, advice horoscopes, media info and more. A wonderful gateway into teen culture.

# Websites - Adolescent Development

## Foundation for Adolescent Development

<http://www.teenfad.ph>

This site, created by the Foundation for Adolescent Development contains a "teen issues" bulletin board as well as one for parents of adolescents.

## American Academy of Child and Adolescent Psychiatry

<http://www.aacap.org>

Created by the American Academy of Child and Adolescent Psychiatry, this site is loaded with 56 up-to-date and concise fact sheets on issues that effect children, teens, and families in today's world.

## Great Transitions

[http://www.carnegie.org/sub/pubs/reports/great\\_transitions/gr\\_intro.html](http://www.carnegie.org/sub/pubs/reports/great_transitions/gr_intro.html)

This online report represents the culmination of the Carnegie Council on Adolescent Development's ten years of research on the adolescent experience in contemporary culture. The site contains a synthesis of "the best available knowledge and wisdom about adolescence in America."

## The Institute For Youth Development

<http://www.youthdevelopment.org>

IYD is a non-partisan, non-profit organization promoting a comprehensive risk avoidance message to youth for harmful risk behaviors that are linked: alcohol, drugs, sex tobacco and violence. The site is designed for professionals, parents and teens.

## Understanding Your Teenager

<http://www.uyt.com>

Founded by youth ministry guru Wayne Rice, the Understanding Your Teenager organization conducts lively and informative parenting seminars across North America. The UYT site features information on these seminars, a helpful online bookstore, and parenting tips.

## Center for Parents/Youth Understanding

[www.cpyu.org](http://www.cpyu.org)

This website is an excellent resource for parents and for adults that are working with teenagers today. It provides up-to-date information on what kids are thinking, feeling, and doing. It provides information on the music, movies, television, video games, etc. that kids are involved in.

## Harris Interactive – Youth and Education

[http://www.harrisinteractive.com/news/newsletters\\_k12.asp](http://www.harrisinteractive.com/news/newsletters_k12.asp)

Harris Interactive is a worldwide market research and consulting firm, best known for *The Harris Poll*® and for its pioneering use of the Internet to conduct scientifically accurate market research. They focus on youth and education and provide very current surveys and statistics about today's teens. They publish anon-line newsletter that focuses on teens and issues they are currently facing, such as how they feel about the current war, how media affects them, and the role that parents have in their lives.

## **Websites - Youth Issues: Substance Abuse**

### **Freevibe**

<http://www.freevibe.com>

Freevibe.com is a site constructed for teens but is worthy of some study by those working with young people. The site's major theme is anti-drug information, stories and discussion. Information on common drugs and effects is listed, as are stories about bad drug experiences, pop culture and media literacy.

### **Drug-Free Resource Net**

<http://www.drugfreeamerica.org>

Created and maintained by the Partnership for a Drug-Free America, this site offers a complete and accurate compilation of information about substance abuse. Included are a comprehensive database on drugs and help for parents.

### **Drugscope**

<http://www.drugscope.org.uk>

Created through the merger of the UK's foremost drug information and policy organizations, this site is loaded with lots of helpful up-to-date information on drugs and their effects, as well as links to other substance abuse sites.

### **The Monitoring the Future Homepage**

<http://www.monitoringthefuture.org>

This site is packed with current teen substance abuse data from the annual Monitoring the Future Survey conducted by the Institute for Social Research at the University of Michigan.

### **National Council on Alcoholism and Drug Dependence**

<http://www.ncadd.org>

The NCADD provides education, information, help and hope in the fight against alcohol and drug addictions. Filled with substance abuse related definitions, facts, overviews, parent information, resources, press releases, etc.

### **National Institute on Drug Abuse**

<http://www.nida.nih.gov>

Information on drugs, drug use, and current research on illicit drugs. Includes a long list of links to other related substance abuse sites.

### **Office of National Drug Control Policy**

<http://www.whitehousedrugpolicy.gov>

A helpful substance abuse site with lots of information on illicit drugs including fact sheets, anti-drug ads and drug indicator profiles. The site also includes a list of drug street terms and links to other related sites.

# Tobacco Product Catalogs

## **The Health Connection** – [www.healthconnection.org](http://www.healthconnection.org)

The Health Connection offers educational tools and products on alcohol, tobacco, and other health education topics. Mr. Gross Mouth, mechanical smoker, and a diseased lung are all available through Health Connection.

## **State of the Health Products** – [www.buttout.com](http://www.buttout.com)

State of the Health Products focuses specifically tobacco prevention and education tools. They sell incentives, posters, t-shirts, and much more.

## **Journeyworks** – [www.journeyworks.com](http://www.journeyworks.com)

Journeyworks offers pamphlets, posters, and bookmarks on a number of different topics, including tobacco. They offer such titles as, "Smoking Cessation for All Ages", "Protect Kids From Secondhand Smoke" and "Counter Pressure to Smoke". Some titles are available in Spanish.

## **ETR Associates** – [www.etr.org](http://www.etr.org)

ETR Associates offer pamphlets, posters, videos, and flip chart displays on tobacco, smoking cessation, secondhand smoke, and cigars. They do offer titles in Spanish. Other topics available are marijuana, alcohol, HIV, and parenting.

## **Tobacco Education Clearinghouse of California** – [www.tecc.org](http://www.tecc.org)

TECC offers tobacco posters, videos, curriculums, pamphlets, and incentives dealing in all sorts of tobacco specific issues. They have a broad range of ethnic specific material.

# Icebreakers

## **\$1000 Bill Exchange**

For this game you need to make your own money on your computer (careful- it might be a federal offense). Give each person 10 of the bills. They are to try to win as many as possible from their peers by challenging them one on one doing one of three things:

Thumb wrestling

Rock, paper, scissors

Flipping a coin

Rules:

You must accept any challenge

Sudden death, no two out of three

Challenger has to have a coin and is "heads" on the coin toss.

## **Ape, Man, Girl Game**

This is a variation of the Rock-Scissors-Paper game. Have people pair off. When the signal is given each person strikes a pose like an ape, man, or girl. Be sure to demonstrate what each looks like ahead of time. The ape beats the girl, man beats the ape, the girl gets the man. Eliminate the losers and pair the winners until you get a champion.

## **Barnyard**

This is a good little game to divide into teams for the day/evening. Have pre-made cards for more than enough kids. Come up with as many animals as you want teams that night. If you want four teams, have four animals. If you predict 35 kids that night make forty cards, four groups of ten. Each group of ten cards will have a particular animal written on it (so you will have 10 chicken cards, 10 cow cards, 10 donkey cards and 10 pig cards). Hand out cards randomly to the kids and tell them to not tell anyone their animal. When you give the signal, have them make the sound of their animal as loud as possible until they find their entire group. First group to totally find each other wins.

Put a twist on the game by putting in only ONE card that says "donkey".

After all of the animals have found each other, there will still be one poor kid out there "Hee-Hawing" his head off to no avail.

## **Candy Hunt**

This game works very well as a crowd breaker for large crowds. Gather a few distinctly different types of candy and tape them under the chairs of your audience before the meeting. Keep in mind when deciding how many types of candy you use that you will want the teams to be as evenly numbered as possible. Have your MC explain the activity as follows:

1. Groups must look underneath their seat, grab the candy bar (or individually wrapped small candy), and then find the other people in the room with that candy bar.
2. Once all team members have found their respective group, they must eat their candy and present their wrappers to one person on the team who will bring them all to the MC.

This gets the crowd up and interacting and provides a boost of energy to your meeting. It is also a good idea to have some high energy background music.

## Clumps

Easy game used to divide your group into teams. Simply yell "Form a group according to . . . (GPA, hair color, cavity #'s, sibling #'s, shirt color, etc.)" If you're looking for a certain number of people per team, just say, "Form a group of 7!" If you end up with a remainder, then have staff go around and divide the leftovers on teams.

## Communicating Challenge

Give everyone a number. They have to arrange themselves in numerical order by communicating with each other without speaking or holding up fingers. They make up their own sub-language or sign language and it often is pretty amusing. For Round Two, have people arrange themselves in order of birth or in calendar months.

## Dollar Surprise

Mingling game. One or two people have a dollar. Everyone goes around shaking hands. Persons with dollar pass dollar off to tenth person he shakes hands with. Keep going...if you get the dollar, pass off to tenth person. When music stops, person with dollar keeps it.

## Find Someone Who

(Works well with large groups.)

Give out the "Find Someone Who" list to students and have them go from student to student looking for someone who meets the description on their list.

Example: Find someone who is wearing blue pants.

The student who fits this description signs their name. Students then go off to find someone else that meets a description on their list. The winner is the one who has their sheet filled out first and most accurately. You should read aloud the list with the person's name that signed it. Have the student who signed the list verify the information.

example: Find someone who can belch the alphabet. If Joe signed that item, have Joe come up and demonstrate.

Items needed: Find Someone List (make one up.) Make enough copies for everyone.

Pencils or pens

SAMPLE "FIND SOMEONE WHO" LIST:

Find someone who has a birthday in February and have him/her sign their initials here.

Find someone who has been to Colorado before and leapfrog over him/her. Then have the person initial here.\_\_\_\_\_

Get seven leaders to sign the back of this sheet.

Find someone who has a birthday this month and sing "Happy Birthday" to them Have the person initial here.\_\_\_\_\_

Find someone to listen to you say "toy boat" ten times quickly. Then have them initial here.\_\_\_\_\_

Get three other people to link arms with you and do the cheer "lean to the left, lean to the right, stand up, sit down, fight, fight, fight!" Have each person initial here.\_\_\_\_\_

Give someone your ugliest face and have them initial here.\_\_\_\_\_

With two other people, face the front of the room, put your hand over your heart, and say the Pledge of Allegiance in unison. Initial each other's papers.\_\_\_\_\_

Have someone tell you about the best Christmas gift they ever received. Then have them initial here.\_\_\_\_\_

Get a hair over 5 inches long from someone else's head. Let them pull it out. Have the person initial here.\_\_\_\_\_

Give someone a backrub and have them initial here.\_\_\_\_\_

Find someone who has blue eyes and have them initial here. \_\_\_\_\_

Find someone who is left-handed and have them initial here. \_\_\_\_\_

### **Give Yourself A Hand!**

Items Needed: Paper, Markers or Ink pens, Safety Pins

You can either pre-make paper hands or have each participant trace their own hand on paper and pin it on their back. Then the whole group walks around and writes a one word POSITIVE description of the person whose back they are writing on. (ex. Nice, Pretty, Fun, Exciting, Loving, Kindhearted, etc.)

Allow enough time, depending on group size, for everyone to circulate. Then have students come up front and read what everyone said about them.

The Point: This is an excellent motivator for positive self esteem.

### **Hi My Name Is**

A great "get to know ya" game! Plant several people in your crowd who have a one dollar bill, a certificate to something, or any prize of your liking. Tell everyone that they need to go and introduce themselves to and learn the names of as many people as they can meet. Have your "planted people" give the prize to the 15th person that introduces themselves to them. Once the prizes have been given announce who received them and who had the prizes.

### **Human Typewriters**

Pin a large card bearing a letter of the alphabet to each person's arm. Give each person a small card and a pencil. The goal is for letters to get together and spell words. Once they've spelled a word, they write it on their card. Then separate everyone and look for new words. Award points for each real word and a prize to the longest list of words. Catch the cheaters who try to exclude vowels or certain consonants!

### **Jelly Bean Trade**

Everyone for them self. Everyone is handed 10 jelly beans. They are to try to get 10 of one color by trading with other people one at a time. First person to get all ten of a color they want wins.

### **Lengths Of String Mixer**

Everyone gets a length of string. Each string is the same length as one other person in the room. Students have to match up with their partner. Hint: Use this as a discussion starter. Once matched, you can ask a question for the partners to discuss.

### **Mute Organization**

Simply announce to everyone that you want everyone lined up across the room by birth date. Only catch . . . no talking. Once they are all lined up, ask certain people their birthdays just to be sure.

Then you can have them do the same thing, but by shoe size, height, etc.

### **Name Tag Mixer**

Before kids arrive, prepare name-tags by writing an easy-to-read number on each one. Also prepare slips of paper with instructions such as "Introduce #4 to #12, "Find out #7's favorite pizza topping," "Shake hands with #5 and #13," and so on. Don't use numbers higher than the number of kids expected. It's better to make instructions for #1 to #10 and have duplicate name- tags for #1, #2, #3, and so on. Give kids a name-tag and slip of paper, then send them out to complete their assignment.

### **Organized Mingling Mixer**

Get an even amount of students and staff in the room. (Add your staff as needed to make the number even.) Students and staff mingle to music and shake hands. When the music stops, everyone must find another person and shake hands. The leader calls out a question they must ask of whomever they are

shaking hands. Use fun and serious questions.

Sample questions:

1. What is your favorite pizza?
2. What is your favorite kind of weather and why?
3. If you could go anywhere on a vacation for a week, where would you go?
4. What would you do with \$1,000 dollars cash right now?
5. Share a moment in your life where you remember being the most happy.
6. Share a moment in your life where you were really sad.

Hint: you can use questions that will kick off that night's discussion.

### **Penny on the Chin Mixer**

Give each student a penny and have them find a partner. They must hold the penny between their lip and chin without using their hands. Have them stand back to back. On the count of three they turn and face each other. The first one to drop their penny is out and must sit down. The winner then finds a new partner and moves on. Go until someone wins. Find new partners and eliminate to final couple. If there is a tie, both have to sit down. You may want background music starting and stopping each round.

### **Puzzle Mixer**

As kids arrive, give them each the piece to a kid's jigsaw puzzle (min. 10 pcs, max. 25). If you have extras left over, place them back into the correct puzzle frames. Put all frames in the center of the room. Have kids locate the correct puzzles to which their pieces belong. The first group to completely put a puzzle together wins. (Great mixer which also serves as a tool for dividing teams)

### **Questionnaire Game**

For this game you'll need as many pens as students and a pre-typed/copied questionnaire.

Have all your students fill out an anonymous questionnaire when they come in, with questions/statements like, "My favorite band is.." "My dream car is...". Once finished, pass the questionnaires out randomly (to someone different than the person who filled it out) and yell "Go!" Students have to walk around asking each other questions, trying to find whose questionnaire they have.

The Point: Good getting-to-know-you game

### **Real Identity**

This is a great "get to know ya" and a memory game. Everybody is in a circle. Everyone takes a turn saying their name and something about them (example, "Hi, I'm John and I play football"). The next person needs to say the previous person's name and item of interest before saying their own (example, "He's John, he plays football and I'm Mary and I love small animals."). As this game moves on, people need to remember more and more information. With bigger groups you can have them only repeat the names to save time.

### **Ro-Sham-Bo Train**

Everyone grab a partner. Rock paper scissors- if you lose you go follow behind the person that beat you and they will do it again with another pair. Keep this up. A large train will build behind the people that keep winning- eventually someone will have everyone behind him- he or she wins a prize.

### **Shoe Pile**

Have everyone take off one of their shoes and throw it into a big pile. You might even designate someone as the Shoe Salad Tossers, instructing them to mess up the pile, so people can't remember where certain shoes landed in the pile. Then everyone needs to pick out a shoe from the pile and proceed to find the person who belongs to that shoe. This works well for a large group.



Option II: The other option is to put everyone's shoes in the pile and instruct them that they each need to get their own shoe, put it on, tie it, and stand back up. First one standing is the winner.

### **Shuffle The Deck Mixer**

Hand everyone a playing card as they come in. During the mixer call out different combinations that they have to form a group with. Example: four of a kind, a flush, two pairs, etc.

### **Toe Fencing**

All the players pair off, lock hands, and try to tap the top of one of their partner's feet with their own feet. In other words, one player tries to step on the other player's foot while their hands are clasped. Of course, since players are also trying to avoid having their feet stepped on, they are all hopping around the floor in a frantic dance.

When a player has had his foot tapped three times, he is out of the game, and the winning partner challenges another winner. The game continues until only one person is left (or until the music runs out).

### **Top 40 Mixer**

This is a fun guessing game that can be used as a mixer. Divide the room into teams. Tape-record bits and pieces of some of the top 40 hits of the month, week, or whatever onto a cassette. You can usually accomplish this by recording them right off of the radio. Edit it so that only a second or two of each song can be heard. Then when you play it back for the kids, see how many of them can identify all of the songs.

### **Valentine Candy Mixer**

Pass out valentine "conversational" heart candy to everyone then split up into groups and have each group come up with a poem or funny story using what it says on their hearts.

### **Who's on my back**

Have everyone secretly write down the name of a person on a small piece of paper. It has to be a person that everyone in the room would know about (eg. Jesus, George Washington, Madonna, Leonardo DiCaprio, etc.) Then have them tape the name on the back of the person on their left. Everyone must now go around and ask people yes or no questions about who is on their back. They can only ask each person one question. The person who can do it in the least number of asks wins.

These icebreakers came from the following website: [www.thesource4ym.com/games/](http://www.thesource4ym.com/games/)

**It is an excellent source for all type of games and activities.  
This is a MUST-SEE!**

# **"Seven Deadly Sins" of Game Leading What's the Trick to Leading Games?**

**The Seven No No's -  
Do these seven things and your games will stink!**

## **1. Tell the crowd that you're going to play a game!**

Best way to ruin a game is tell kids that you're going to play a game! Youth groups across the nation consistently use this pathetic transition: "okay, we're going to play a mixer now!" First of all ... does the average jr. higher off the street know what a mixer is? Yeh! It's the thing their mom uses to stir cake mix. When starting a game ... just start doing it. For example: "hey, before we get started today I want everyone on this side of the room to scoot one foot that way while my staff run this rope between you ..." Just start it. Ten minutes later kids will be looking at each other saying, "hey ... we're playing games!"

## **2. Don't be prepared**

Time is always crucial because attention span is short. In this fast food, microwave, quick cut, MTV, minute rice, Taco Bell generation, kids are used to having what they want, stimulating their eyes, ears and mouth EVERY SECOND. Now if we stand up to play a game that required two marshmallows with a piece of string tied around them ... if you walk up with a bag of unopened marshmallows and uncut string that is NOT ALREADY TIED ... you've already lost. Have everything ready.

If you've never done the game before ... test it. So many times I thought I was the "Game Master" and all of a sudden I'm up short in front of a bunch of kids. Not a pretty sight. Test it!

## **3. Don't have your staff playing with them**

Hopefully your staff is there to hang out with kids, not to be just a chaperone. Chaperones are no fun and no kid wants a relationship with one. Your staff should get on the teams with the kids and participate as much as possible. I have students to this day that still remind me of times we annihilated another person with Q-tips when I was on their team during a Q-tip war. Fun memories make lasting impressions.

## **4. Explain the game for more than 30 seconds**

As we talked about above on #2, time and attention span are short. Part of being prepared for a game is knowing how to explain it quickly. Give the basics, maybe with a visual example and jump straight into "ready, set, go!"

Don't be afraid to start a game even when some are still confused. Your staff can help push these people along once you start.

## **5. Take more than 30 seconds to divide teams**

Same principle as above. Have a quick tactic planned to divide teams fast. Always try to use natural divisions: grade levels, gender, half of the room, etc. Only # off as a last resort!

## **6. Have someone without ability or even a personality leading the game**

Game leading isn't something you should just throw on a new staff member. They should be trained in the basics and given an opportunity to lead a game every once in a while. You'll find that some people just aren't gifted in being up-front. Don't use these people. A key to a successful program will be putting staff people in areas that they are gifted and feel comfortable.

By the way ... if something goes wrong, play it off. Games will go sour- it's a fact. If they do, use the opportunity to make fun of it. If a game goes wrong and the leader is funny about it, kids will still have a good time ... and that's the point, right?

## **7. Make sure the crowd can't see those playing the game.**

"Of course" you say. But how many times have I seen some cool crowd breaker where a kid is getting doused with syrup or a girl is about to suck a jelly bean out of some jello and ... I couldn't see cause some stupid game leader was standing right in the way! If you're leading a game ... STEP ASIDE! If you're in a level room and you have a visual game ... elevate it somehow! You get the point.

**These 7 tips come from Jonathon Mckee's book "The Top 12 Resources Youth Workers Want" and can be found on the following website: [www.thesource4ym.com](http://www.thesource4ym.com)**

**The above website is an excellent resource for icebreakers and games for all types of programs and age groups.**

## Elected Officials and You

### Easy Steps to Get Them Involved

#### Step 1 –

Check out the NC Legislature website ([www.ncleg.net](http://www.ncleg.net)) to find the names, addresses and contact info for legislators in the area of the event.

#### Step 2 –

Write a letter of invitation to the legislator. Address the letter to the legislator's work address, but also send a copy to their legislative office address (legislative office addresses can be found on the NC Legislature web site). If possible, have someone who lives in the legislator's district write the letter.

#### Step 3 –

Three days after the letter is sent, have the letter's author call the legislator to confirm their attendance.

#### Step 4 –

If they can make it, ask them what background information they might need before the event. We suggest that you prepare a folder to send to them with information about your respective programs and about HWTF, a copy of the meeting agenda, and maybe some teen smoking facts. You might even offer to prepare some brief remarks for them before the event.

#### Step 5 –

If they can't make it, tell them that while you're sorry they can't attend, you and some of your young people would like to meet with them as soon as possible to discuss your teen tobacco use prevention project. Ask when such a meeting might be possible.

# **Health Fair 911**

*It's hard to spend a Saturday afternoon in front of a traditional display table and hold the interest of onlookers, especially if you need to quickly train novice young people to help you. Crowds are often only interested in the candy or key chains you have to give away, and it is difficult to catch their eye in a new and different way. While the real effectiveness of the health fair is sometimes in question, participation in an occasional educational event is a must. Involving students – especially young ones – is a challenge that must also be met. Following are a few tried and true display ideas that can be hosted by teens with minimal training and preparation:*

## **Tar Jar:**

Fill a quart jar (glass, with a secure screw-on lid) with one pint of motor oil. This represents the amount of tar that a one-pack-a-day smoker will inhale in one year of smoking. Don't forget to label it as such, so that curious passers-by will know what it represents if someone isn't right there to talk to them. Students can easily talk about it with the following points:

- “Tar” is formed from the solid particles that you can see in smoke. Some of it is exhaled as “secondhand smoke,” some remains in the smoker’s lungs to cause problems, some is absorbed into the bloodstream via the lungs, and some is coughed out in their mucus.
- This is about 2 cups of “tar,” the residue from a pack a day habit for one year.
- No, this isn't “real” tar, this is motor oil. Real tar would be much thicker, stickier, and more toxic.
- If you want to see real tar, wipe a tissue along the inside car window of a smoker.

## **Phlegm Jar:**

Equally as appealing as the tar jar, the phlegm jar signifies just what it sounds like. Use two cups of hair gel in a quart jar to represent the amount of phlegm a person with COPD (Chronic obstructive pulmonary disease) would have to clear from their lungs every day, just to keep breathing. The relevant speaking points include:

- In healthy lungs, the cilia clear mucus and phlegm, together with pollution and irritants out of the lungs. In advanced COPD or emphysema, the lungs are damaged and often not strong enough to cough effectively. The phlegm accumulates faster and must be cleared to avoid drowning.
- No, this isn't real phlegm. Real phlegm would be slightly green from infection and probably tinted with streaks of bloody mucous.

## **What's in Tobacco Smoke?**

Take a list of the chemicals in tobacco smoke, and common household items that also contain the same chemicals. Purchase or find these containers (empty them) and include them in a table display. This is a great conversation starter about what smokers inhale. An extra touch is to keep the items in a black witch's cauldron (Party City) with a little dry ice in the bottom for steamy effect as you take the items out. Another great idea for young presenters who are a little tongue tied (this worked great with 7<sup>th</sup> graders who did presentations to 6<sup>th</sup> grade classes) is to tape a short script about each item on the back of each bottle or package. For instance “This is ammonia. It is used to clean toilets, but it is also found in burning tobacco leaves. Nice!” This gives them something to say with confidence, and does not rely on memorization or bland tobacco facts. Important speaking points include:

- There are over 4000 chemicals found in tobacco smoke. At least 43 of these are known to cause cancer, and many others, like carbon monoxide, are also very harmful.
- Most of these chemicals, like nicotine or arsenic, are not ADDED to tobacco. They are naturally occurring in the leaf or the burning process. Tobacco that is organically raised or has no additives is no safer than any other tobacco. Most of the “additives” in tobacco are flavorings like vanilla or clove.

- There is currently no “safe” cigarette. Light cigarettes present no safer cigarette and alternatives such as herbal cigarettes and marijuana also carry many of the same dangers and toxins – some at higher levels.

## **Guess the Butts:**

Find a large glass or clear plastic container (large pickle jars from a food service, or the big pretzel jar from Sam’s) and fill with cigarette butts. They should be gathered by students wearing gloves from some site that they would like to promote a tobacco free policy like school grounds, a ball field, pool or park. This is the really bad part – be sure to make an accurate count before you seal them in the jar. Then write the number down some place secure so that you don’t forget it. You can use the jar for guessing games with prizes, a demonstration about litter, or just for its inherent gross-out factor.

Some important speaking points are:

- Cigarette filters are made of 18,000 tiny plastic fibers, glued together, wrapped in paper, and colored with dye.
- Seven out of ten cigarette butts are washed into rivers and lakes from storm drains. From there birds, fish, and mammals eat them. Since they cannot be digested, they usually die.
- If all the cigarette butts that were thrown away in the USA in 1993 were gathered into one place they would weigh as much as 30,800 large elephants.
- Toxic chemicals from cigarettes seep into the ground and water.
- Tobacco Pollutes the Air
- Secondhand smoke is dangerous to children, pets, and other living things
- Makes you get more colds, sore throats and ear infections
- Causes asthma and makes it worse in those who have it
- Makes kids’ lungs grow slower than other kids
- It is related to Sudden Infant Death Syndrome (SIDS)

## **Stinky sweater:**

Take an old sweater, scarf, or other cloth item. Have a smoker blow smoke on it, and then seal it in a zip lock bag. Keep this on hand for a whiff to impress youth with how a smoker smells to others.

## **Play a game:**

If you give away candy or other incentives, make them work for it! Use a commercially manufactured game like “Smoker’s Roulette” or make your own game like “Jeopardy” or “Who Wants to Live to Be a Millionaire?” with minimal props and simple tobacco questions. This educates not only the participant, but also the onlookers. Teens can run these games with minimal preparation since they are often working from answer sheets.

# What's in Cigarette Smoke...?

More than 4,000 chemicals have been identified in tobacco smoke, including 43 that are known to cause cancer.

Some of those chemicals include:

Chemical Name	What we know it as....
Acetone	Nail polish remover
Acetic Acid	Vinegar
Ammonia	Floor/Toilet bowl cleaner
Arsenic	Rat poison
Benzene	Rubber cement
Butane	Cigarette lighter fluid
Cadmium	Rechargeable batteries
Carbon Monoxide	Car exhaust fumes
DDT/Dieldrin	Insecticides
Ethanol	Alcohol
Formaldehyde	Body preserver
Hexamine	Barbeque lighter fluid
Hydrogen Cyanide	Gas chamber poison
Methane	Swamp gas
Methonal	Rocket fuel
Naphthalene	Mothballs
Nickel	Used in the process of electroplating
Nicotine	Insecticide/addictive drug
Nitrobenzene	Gasoline addictive
Nitrous Oxide Phenols	Household disinfectant
Stearic Acid	Candle wax
Toluene	Industrial solvent
Vinyl Chloride	Plastic garbage bags

You can easily buy some of the products above and create a “What’s in a Cigarette Display” to take to a school or health fair. Just make sure that you empty out the bottles so no one is harmed by the chemicals.

# ADVOKIT



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